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Getting Pampered

Pampered Chef® Product News, Announcements and Opportunities to Discover the Chef in YOU!
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"Kitchen Smarts"

Tips & Techniques
To Make Cooking & Baking More Successful!

Benefits of Chocolate

We all love chocolate,
and why shouldn't we...
Look at some of the health benefits
associated to eating chocolate!

Chocolate contains:

Phenylethylamine, which is the chemical released in our bodies when we fall in love and is chemically similar to amphetamines, therefore acting as a psycho-stimulant.

Tryptophan, an essential amino acid that increases the production of serotonin, an anti-depressant and natural stress-reducer.

Endorphins, natural opiates that are released by the brain in increased amounts when eating chocolate, thereby elevating one's mood and reducing pain.

Phenols, which are also found in red wine, tea, fruits and vegetables, and may help reduce the risk of coronary heart disease.

Catechins, which are antioxidants that may help protect the body against cardiovascular disease and possibly cancer, are found in substantially higher quantities in chocolate than in black tea.

Recommended "dosages" of chocolate range from an ounce of dark chocolate to a steaming cup of hot cocoa a day. Due keep in mind, the purer the cocoa source, the better the chocolate is for you.

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You Pay \$7.80!
~Available only in May~

Simple Additions Rectangle Platter and Woven Rectangle Tray

A \$52.50 Value
You Pay \$21.00



\$1 from the Help Whip Cancer host product you choose helps support the American Cancer Society's breast cancer education and early detection programs.

Raise even more when you host a Help Whip Cancer Fundraiser! Ask Me How. 207-775-0235

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- ✓ **FREE shipping on your order!**



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It's easy to make a difference! \$1 from each Help Whip Cancer guest product you purchase helps support the American Cancer Society's Breast Cancer education and early detection programs.

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Pina Colada Upside-Down Cake

1/4 cup (1/2 stick) butter	3 eggs
1 cup packed dark brown sugar	1 can (13.25 oz) unsweetened coconut milk
1 medium pineapple	1 tsp rum extract
1/2 cup maraschino cherries (15-20 cherries)	1/2 cup sweetened flaked coconut
1 pkg (18.25 oz) yellow cake mix	

- Preheat oven to 350°F. Melt butter in Executive (12-in.) Skillet over low heat (do not use stainless cookware). Brush sides of Skillet with butter using Chef's Silicone Basting Brush. Remove from heat; sprinkle brown sugar over butter and set aside.
- Cut off top and bottom of pineapple, creating a flat base; slice off rind from top to bottom. Cut pineapple into 12 slices; remove core using The Corer™. Cut slices in half. Arrange 22 of the pineapple slices around outer edge of Skillet; place two pineapple slices in center, forming a ring. Place one cherry in center of pineapple ring and additional cherries around outside of ring.
- Combine cake mix, eggs, coconut milk and rum extract in Stainless (4-qt.) Mixing Bowl; whisk with Stainless Whisk until well blended. Carefully pour batter over pineapple in Skillet.
- Bake 30-35 minutes or until wooden pick inserted in center comes out clean. Meanwhile, place coconut into Small Micro-Cooker®; microwave on HIGH 2-3 minutes or until toasted, stirring after each 10-second interval. Remove cake from oven to Stackable Cooling Rack; cool 5 minutes. Invert cake onto Simple Additions® Large Round Platter; gently press coconut around top edge and sides of cake.

Yield: 16 servings

Nutrients per serving: Calories 310, Total Fat 12 g, Saturated Fat 6 g, Cholesterol 45 mg, Carbohydrate 49 g, Protein 4 g, Sodium 250 mg, Fiber less than 1 g

Cook's Tip: If desired, 14 canned pineapple slices (one 20-oz can and one 8-oz can) can be substituted. Cut slices in half; proceed as recipe directs.

The Pampered Chef®
Round-Up
from the Heart®

Did you know?

The Pampered Chef® realizes that its shared mealtime mission is not a reality for all people. With a desire to set a place at the table for everyone, our Round-Up from the Heart® campaign encourages Cooking Show guests to "round-up" their product orders to the nearest dollar or more. Funds are distributed to America's Second Harvest® — The Nation's Food Bank Network™, and are used in the community where the donations originated — making Round-Up from the Heart® a national campaign with a local impact. The company also introduces limited edition products to support the campaign and donates part of the purchase price directly to America's Second Harvest. The Pampered Chef's Round-Up from the Heart® is the longest running charitable program with America's Second Harvest.



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Ask Me for Details!

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Chicken Tortilla Casserole

- 1 poblano pepper
- 1 1/2 lb boneless, skinless chicken thighs
- 2 tbsp Southwestern Seasoning Mix
- 1/4 tsp salt
- 1 can (15 oz) black beans, drained and rinsed
- 1 1/2 cups thick and chunky salsa
- 4 cups broken tortilla chips
- 1 cup (4 oz) shredded cheddar and Monterey Jack cheese blend
- Snipped fresh cilantro (optional)

1. Remove stem and seeds from poblano pepper using Utility Knife; slice into thin strips. Arrange poblano strips evenly over bottom of Deep Dish Baker. Thinly slice chicken using Utility Knife. Combine chicken, seasoning mix and salt in Classic Batter Bowl. Arrange chicken over poblano strips. Cover baker with 15-in. square of Parchment Paper, tucking corners of paper under baker. Microwave on HIGH 4 minutes; stir using Mix 'N Scraper® to separate chicken strips. Cover; microwave an additional 4-6 minutes or until chicken is cooked through.
2. Drain and rinse black beans using small Colander. Stir beans and salsa into chicken mixture. Gently stir in tortilla chips with Small Mix 'N Scraper®. Grate cheese over baker using Deluxe Cheese Grater. Microwave, uncovered, on HIGH 2-3 minutes or until cheese is melted. If desired, snip cilantro using Kitchen Shears; sprinkle over casserole.

Yield: 6 servings

Nutrients per serving: Calories 360, Total Fat 15 g, Saturated Fat 6 g, Cholesterol 115 mg, Carbohydrate 26 g, Protein 31 g, Sodium 1120 mg, Fiber 6 g

Cook's Tip: Boneless, skinless chicken breasts can be substituted for the chicken thighs, if desired.

Poblano peppers are dark green chiles with a rich flavor that varies from mild to slightly spicy. Poblanos are about 2 1/2 in. wide and 4-5 in. long, forming a triangular shape.

If desired, 1 small onion, cut into thin wedges, can be substituted for the poblano pepper.

Taco seasoning mix can be substituted for the Southwestern Seasoning Mix, if desired. Omit salt.

Sneak Peak!

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